

HOUSE JOINT RESOLUTION 186

By Holt

A RESOLUTION to commemorate "Tennessee Senior Citizen Day of Service" on the first Saturday in May.

WHEREAS, each year, more than 1.1 million Tennessee volunteers give over 143.9 million hours of community service, contributing \$3.5 billion to Tennessee's economy; and

WHEREAS, these volunteers are the backbone of our communities, and by donating their time and talents to fulfill needs that would otherwise go unmet, they embody the spirit of giving; and

WHEREAS, more than twenty-one percent of all Tennesseans aged sixty-five or older volunteer their time annually; through volunteering, they have the opportunity to participate in meaningful work and develop relationships across generations; and

WHEREAS, senior citizens can experience improved physical, mental, and emotional well-being through volunteering; those who volunteer have lower mortality rates, increased brain function and cognitive ability, and a lower risk of dementia; and

WHEREAS, established in 2018 by Cheryl Doane, Ms. Senior Tennessee, the Tennessee Senior Citizen Day of Service promotes senior citizen activity in local communities and the creation of ways for senior adults to get involved with volunteer efforts; the first day of service will be celebrated in 2019; and

WHEREAS, the commemoration of the first Saturday in May as "Tennessee Senior Citizen Day of Service" is an effort to encourage senior citizens throughout our State to remain active members of society by giving back to their communities; now, therefore,

BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE ONE HUNDRED ELEVENTH GENERAL ASSEMBLY OF THE STATE OF TENNESSEE, THE SENATE CONCURRING, that we join with the senior citizens of Tennessee as they commemorate the

first Saturday in May as "Tennessee Senior Citizen Day of Service," honor and commend the senior citizens who freely give their time in service to this State, and extend to them our best wishes for continued success in the future.

BE IT FURTHER RESOLVED, that an appropriate copy of this resolution be prepared for presentation with this final clause omitted from such copy.